

## **ABSTRACT OF THE DISCLOSURE**

A therapeutic exercise device which may be used both as a tilt table and as an exercise device includes a base and a support frame that is pivotally mounted on the base. The support frame has a lower end and an upper end. A carriage is mounted for sliding movement along at least a portion of the support frame. The carriage includes a lower section and an upper section that is pivotally attached to the lower section. The device also includes a left foot rest and a right foot rest, each of which is independently pivotally attached to the lower end of the support frame. A body-restraining belt is also provided to secure the body of a patient to the carriage.